

Singing Telegrams



Are you looking for a unique Valentine's Day idea for your sweetheart, friend or family member?

Our very own Singing Seniors will go to the home or office of your loved one and serenade them.

Telegrams can be arranged for the following dates:

**Wednesday, Thursday & Friday
February 11, 12 or 13**

Call Senior Services to arrange the telegram. Cost is \$10.00 for two songs. You can choose the songs from a list or special requests will try to be accommodated. All money raised goes to Senior Services.

This is open to all ages. Deadline is February 4th.

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JANUARY SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located at 278 Meroney Street. Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm, Saturday - 9:00am - 1:00pm. Phone Number is 336-753-6230.

ASK THE DOCTOR

Monday, January 5 - 10:45 - 11:15am - Multipurpose Room A
Speaker: Dr. George Kimberly
See all the details on pg. 16.



BOWLING LUNCH

Monday, January 5 - 12:30pm - Multipurpose Room B
RSVP by Dec. 30

This lunch is for current bowlers and those who would like to join. We will be picking teams for the next league and awarding trophies to last session's winners. If you are not able to make the lunch, but want to bowl, call & let us know. Open to adults 55 & older and exceptions under the general participation policy.

SENIOR FINANCIAL CARE

Tuesday, January 6 - 8:30am - 4:30pm - by appt. - Media Room
Counselors provided by Senior Financial Care of Winston Salem
See all the details on pg. 20.

BLOOD PRESSURE SCREENINGS

Tuesday, January 6 - 10:45am - Multipurpose Room A
See all the details on pg. 16.

SHARING & CARING

Thursday, January 8 - 1:00 - 3:00pm - Classroom B
See all the details on pg. 11.

LUNCH WITH COUNTY COMMISSIONERS

Friday, January 9 - 12:00pm - MP Room B
RSVP by Jan. 2
This will be an opportunity to sit down with our County Commissioners, enjoy lunch, and ask them questions that are important to you. Open to adults 55 and older and exceptions under the general participation policy.

MONTHLY MOVIE

Monday, January 12 - 1:00pm - Multipurpose Rooms A & B
RSVP by Jan. 9
MPLC license No: 12377840



Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, January 13 - 1:00pm - Multipurpose Room B
RSVP by Jan. 6
See all the details on pg. 16.

SCRAPBOOKING

Tuesday, January 13 - 2:00pm - Classroom B
RSVP by Jan. 6
See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

Tuesday, January 13 - 6:30pm - Classroom B
RSVP by Jan. 6
See all the details on pg. 21.

SENIOR BIRTHDAY PARTY

Thursday, January 15 - 2:00pm - Multipurpose Rooms A & B
Cost: Free
RSVP by Jan. 8



Once again we will have one big birthday party for all seniors. If you have a birthday, and we know you do, then come out for this party. We will have wonderful entertainment from Benita Finney. Cake and ice cream will be served. Open to adults 55 & older and exceptions under the general participation policy.

JANUARY/FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

SENIOR FINANCIAL CARE

Tuesday, January 20 - 8:30am - 2:00pm - by appt. - Classroom A

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

FAT DECODER SEMINAR

Tuesday, January 20 - 1:00pm -

Multipurpose Room A

Speaker: Dr. Denise Houston, Wake Forest School of Medicine

RSVP by Jan. 13

Not all fat in foods is the same. Learn about the different types of fat, which ones are better for you, and which ones to avoid. Open to adults 55 and older and exceptions under the general participation policy.



SENIOR BOOK CLUB

Tuesday, January 20 - 2:30 - 4:00pm - Classroom A

RSVP by Jan. 13

See at the details on pg. 16.

SHARING & CARING

Thursday, January 22 - 1:00 - 3:00pm - Classroom B

See all the details on pg. 11.

SENIOR LUNCH

Friday, January 23 - 11:30am - Multipurpose Room B

Speaker: Sonny Allen, Author

RSVP by Jan. 16

Mr. Allen will share humorous excerpts from his book "The Paper Boy" at this event. A delicious lunch will follow. Open to adults 55 & older and exceptions under the general participation policy. **Space limited to the first 90 who RSVP.**

TAX EXEMPTION SEMINAR

Tuesday, January 27 - 10:45am -

Multipurpose Room A

Speaker: Brian Myers, Davie County Tax Administrator

RSVP by Jan. 20

Did you know that some older adults are eligible for reductions in their tax bills? Come get all the information you need to see if you might qualify. Open to adults of all ages - no children please.

THEATRE CLUB

Tuesday, January 27 - 1:00pm - Classroom B

See all the details on pg. 17.

SATURDAY MORNING BREAKFAST

Saturday, January 31 - 9:30am - Multipurpose Rooms A & B

RSVP by Jan. 23

Adults 55 and older & their guests of any age are invited to a great breakfast. You may bring any number of guests, but anyone under 55 must be accompanied by someone 55 or older.



ASK THE DOCTOR

Monday, February 2 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

SENIOR FINANCIAL CARE

Tuesday, February 3 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

BLOOD PRESSURE SCREENINGS

Tuesday, February 3 - 10:45am - Multipurpose Room A

See all the details on pg. 16.

FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

DINNER & A MOVIE - "THE BEST OF ME"

Thursday, February 5 - 5:30pm

RSVP by Jan. 29

MPLC license No: 12377840

Enjoy dinner and stay for "The Best of Me". Based on the novel by Nicholas Sparks, a pair of high school sweethearts reunite after many years when they return to visit their small town. Starring Michelle Monaghan and James Marsden, this movie is rated PG-13 for sexuality, violence, some drug content and brief strong language. Runtime is 1 hour, 57 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available. **Movie title subject to change due to release dates.***

TAX AIDE

**TIME: Fridays and Saturdays, February 6 -
March 6 - 9:00am -**

1:00pm, 1st come, 1st served

Additional dates by appointment only:

- **Friday, March 13 - 9:00am - 1:00pm**
- **Saturday, March 14 - 9:00am - 1:00pm**
- **Friday, March 20 - 9:00am - 1:00pm**
- **Saturday, March 21 - 9:00am - 1:00pm**
- **Friday, March 27 - 9:00am - 1:00pm**
- **Saturday, March 28 - 9:00am - 1:00pm**
- **Friday, April 10 - 9:00am - 1:00pm**
- **Saturday, April 11 - 9:00am - 1:00pm**

Location: Media Room

NO TAX AIDE MARCH 7, APRIL 3 OR 4

Tax returns are prepared and e-filed by trained and certified volunteer AARP tax counselors. There is no cost to the taxpayer. However, It is the taxpayer's responsibility to have all the appropriate documents and information for counselors to complete an accurate return in a timely manner. Please do the following prior to arriving at Senior Services:

- Bring the 2013 tax return along with the supporting documents.
- Open and place all 2014 documents together in a large envelope to be presented to the counselor who is preparing your return.

- Make sure you have all income documents from employment, pension, social security, interest, dividends, etc.
- Provide a broker's statement if stock was sold. If the stock purchase price is not on the broker statement, you must have written proof of the purchase price or the cost basis will be zero.
- Total all out-of-pocket cost (if itemizing) by categories for health and dental insurance, doctors' visits, drugs, etc.
- List all charitable donations and provide evidence (letters or receipts from organizations) of the dollar amounts.

If you are interested in becoming a Tax Aide counselor, please contact Senior Services. The continued success of this program is dependent upon qualified volunteers.



LOVE YOUR LIBRARY

**Tuesday, February 10 - 10:45am -
Multipurpose Room A**

**Speaker: Jane McAllister, Davie
County Public Library Director**

RSVP by Feb. 3

There is lots to love about our local library. Come hear about the latest happenings as well as their ongoing programs and services. Open to adults of any age - no children, please.

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

**Tuesday, February 10 - 1:00pm -
Multipurpose Room B**

RSVP by Feb. 3

See all the details on pg. 16.

SCRAPBOOKING

**Tuesday, February 10 - 2:00pm -
Classroom B**

RSVP by Feb. 3

See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

**Tuesday, February 10 - 6:30pm -
Classroom B**

RSVP by Feb. 3

See all the details on pg. 21.

FEBRUARY SPECIAL EVENTS - MOCKSVILLE SITE

SHARING & CARING

**Thursday, February 12 - 1:00 - 3:00pm -
Classroom B**

See all the details on pg. 11.

VALENTINE'S DAY PARTY

**Friday, February 13 - 2:00pm
- MP Rooms A & B**

Cost: Free

RSVP by Feb. 6

Our annual Valentine's Day party will have great food and fun as well as entertainment by Mike Hendrix. Open to adults 55 & older and exceptions under the general participation policy.



MONTHLY MOVIE

**Monday, February 16 - 1:00pm -
Multipurpose Rooms A & B
RSVP by Feb. 13**

MPLC license No: 12377840

Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

SENIOR FINANCIAL CARE

**Tuesday, February 17 - 8:30am - 2:00pm -
by appt. - Classroom A**

**Counselors provided by Senior Financial
Care of Winston Salem**

See all the details on pg. 20.

VETERAN'S SOCIAL

**Tuesday, February 17 - 10:30am -
Multipurpose Room B**

**Speaker: Don Timmons, Hospice and
Palliative Care**

RSVP deadline: Feb. 10

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. ***This is intended to be a time of reminiscing and***

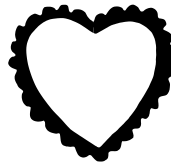
socialization for veterans, therefore it is limited to veterans only, no guests, unless a caregiver is needed in order for the veteran to attend.

SENIOR BOOK CLUB

**Tuesday, February 17 - 2:30 - 4:00pm -
Classroom A**

RSVP by Feb. 10

See all the details on pg. 16.



HEART HEALTH

**Thursday, February 19 - 1:00pm -
Multipurpose Room B**

**Speaker: Jordan Irwin Hauser, MS
Wake Forest University**

RSVP by Feb. 12

February is Heart Month. Learn how to keep your heart healthy at this informative seminar. Open to adults of all ages, no children please.

THEATRE CLUB

**Tuesday, February 24 - 1:00pm -
Classroom B**

See all the details on pg. 17.

BLACK HISTORY MONTH CELEBRATION

**Wednesday, February 25 - 10:30am -
Multipurpose Rooms A & B**

RSVP by Feb. 18 for lunch

February is Black History Month & Senior Services is pleased to join once again with Graham Funeral Home to celebrate. This event is always filled with great music and an inspiring speaker. Lunch will be served at 11:30 am for those who wish to stay. You must reserve your meal by Feb. 18. Open to general public of all ages.

SHARING & CARING

**Thursday, February 26 - 1:00 - 3:00pm -
Classroom B**

See all the details on pg. 11.

FEBRUARY/MARCH SPECIAL EVENTS - MOCKSVILLE SITE

MOVIE DAY WITH THE GRANDKIDS (OR NOT!)

Friday, February 27 - 1:00pm - Multipurpose Rooms A & B

RSVP by Feb. 25

MPLC license No: 12377840

Due to scheduling problems, we will announce the movie title on Tuesday, Feb. 24. We will choose an appropriate movie based on what is available. As this is a scheduled out-of-school day for Davie County, you are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. You may also attend without children. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

ASK THE DOCTOR

Monday, March 2 - 10:45 - 11:15am - Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 16.

SENIOR FINANCIAL CARE

Tuesday, March 3 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on pg. 20.

BLOOD PRESSURE SCREENINGS

Tuesday, March 3 - 10:45am -

Multipurpose Room A

See all the details on pg. 16.



HEARING PRESENTATION & SCREENINGS

Thursday, March 5 - 1:00pm - Multipurpose Room B

Speaker: David Litman, Division of Services for the Deaf and the Hard of Hearing

RSVP by: Feb. 26

Mr. Litman will speak about the services his office provides. He will also discuss with the audience ideas on helping people with hearing loss advocate for themselves to get what they need. Upon completion of the presentation,

Mr. Litman will provide a free hearing screening to anyone interested. The screening is intended for people who think they might have some hearing loss. Open to adults of any age - no children, please.



BINGO

Friday, March 6 - 1:00pm - MP Room B

RSVP by Feb. 27

Sponsored by: Cigna HealthSpring

Come out for some fun games of Bingo!

Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*

GOT PLANS? ADVANCE CARE PLANNING WORKSHOP

Tuesday, March 10 - 1:00pm -

Multipurpose Room B

RSVP by March 3

See all the details on pg. 16.

SCRAPBOOKING

Tuesday, March 10 - 2:00pm - Classroom B

RSVP by March 3

See all the details on pg. 11.

ALZHEIMER'S SUPPORT GROUP

Tuesday, March 10 - 6:30pm -

Classroom B

RSVP by March 3

See all the details on pg. 21.

CALENDAR BLOCKS CRAFT

Wednesday, March 11 - 1:00pm -

MP Room B

Instructor: Kim Shuskey, Director

Cost: \$10.00

LIMIT OF 15 PEOPLE

RSVP by March 4

For our quarterly craft we will make a perpetual calendar. This calendar will never be outdated & will be a cute addition to your desk. An example is on display at Senior Services. Open to adults 55 & older & exceptions under the general participation policy.



MARCH SPECIAL EVENTS - MOCKSVILLE SITE

SHARING & CARING

**Thursday, March 12 - 1:00 - 3:00 -
Classroom B**

See all the details on pg. 11.



CROP TILL YOU DROP

**Saturday, March 14 - 9:00am -
3:00pm**

RSVP by March 6

Attention all scrappers!! Bring your scrapbooking supplies and get ready to have fun! For six hours we will scrapbook, give away lots of door prizes, play some fun games and have great snacks. A card making demonstration will also be offered for those who wish to participate. Come for the whole time or just part of the day - whatever suits you best. You are sure to have fun, learn something new and get lots done. Open to the community of all ages.

FACTS ABOUT RABIES

**Monday, March 16 - 10:45am -
Multipurpose Room A**

**Speaker: Lt. Bob DeWitt, Davie County
Animal Control**

RSVP by: March 9

Rabies is a problem in Davie County. Learn how to keep your animals and your family safe at this seminar. Open to adults of all ages - no children, please.

MONTHLY MOVIE

**Monday, March 16 - 1:00pm -
Multipurpose Rooms A & B**

RSVP by March 13

MPLC license No: 12377840

Due to scheduling problems we will announce the movie title on the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

SENIOR FINANCIAL CARE

**Tuesday, March 17 - 8:30am - 2:00pm - by appt.
- Classroom A**

**Counselors provided by Senior Financial Care
of Winston Salem**

See all the details on pg. 20.



WELCOME TO MEDICARE

**Tuesday, March 17 - 10:00am -
12:00pm - Multipurpose Room B**

**Welcome! Speaker: Kim Shuskey, Senior
Services Director and various
SHIP counselors**

RSVP by March 10

If you will be eligible for Medicare soon, learn about the many options available so you can make the choices that are right for you. This program will explore the basics of Medicare, including Parts A & B, supplements, prescription drug plans, Advantage plans, as well as assistance programs to help pay for some of Medicare-related costs. This program is open to anyone who will soon be on Medicare. A light meal will be served after the program.

SENIOR BOOK CLUB

**Tuesday, March 17 - 2:30 - 4:00pm -
Classroom A**

RSVP by March 10

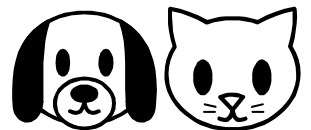
See at the details on pg. 16.

RABIES CLINIC

**Friday, March 20 - 1:00pm -
4:00pm - Back parking lot of
Senior Services**

RSVP by March 18

Davie County Animal Control will be here on March 20 to offer a rabies clinic for all senior pet owners. This is a wonderful opportunity to get your dog or cat vaccinated. Cost is only \$5.00 for a one year vaccine. All dogs must be on a leash and all cats should be in carriers. You must RSVP to attend the clinic, as space is limited to 50.



THEATRE CLUB

**Tuesday, March 24 - 1:00pm -
Classroom B**

See all the details on pg. 17.

MARCH SPECIAL EVENTS - MOCKSVILLE SITE

SHARING & CARING

**Thursday, March 26 - 1:00 - 3:00 -
Classroom B**

See all the details on pg. 11.

ROCK-A-THON

**Friday, March 27 - 5:00pm -
9:00pm -Senior Services
Cost: Free**

For four hours, "Rock-A-Teers" will rock in rocking chairs. There will be non-stop music, entertainment, games and give-aways throughout the event. Rock-A-Teers will recruit sponsors to sponsor their time rocking and anyone in the community can attend the event. Food and drink will be on sale for the entire period. Non-profits can participate in our Bonus Incentive Program, where they can share some of the money raised. Become a Rock-A-Teer or just come out and enjoy the fun. All proceeds go to Senior Services.



EASTER PARTY

**Tuesday, March 31 - 2:00pm -
Multipurpose Rooms A & B
RSVP by March 24**

Join us for a celebration of the Easter season. There will be food, fun, games and a visit from the Easter Bunny. Pictures will be taken for those who so choose. Open to adults 55 & older and exceptions under the general participation policy.



Senior Services will be closed for the following holidays:

- Thursday, January 1 - New Year's Day
- Monday, January 19 - Martin Luther King Day

STAFF OF SENIOR SERVICES

Kim Shuskey, Director

Ina Beavers, Nutrition Program Coordinator

Elizabeth Norman, Events Coordinator

Kelly Sloan, Services Coordinator

Tracy Veach, Administrative Assistant

Michael Garner, P/T Facilities Manager

Mitzi Hunter, P/T Morning Rec. & SHIP Coord.

Darlene Sheets, P/T Farmington Site Mgr.

Barbara Thornton, P/T Senior Center Aide

Stephanie Walker, P/T Evening Receptionist

ADVISORY COUNCIL OF SENIOR SERVICES

Jim Murphy, Chair

Linda Leonard, 1st Vice Chair

Lash Sanford, 2nd Vice Chair

Slayton Harpe

Ron Hoth

Julia Howard

Ruth Hoyle

Delores Jordan

Nancy Luckey

Gladys Scott

Meagan Williams

Priscilla Williams

Gloria Wommack

*Please let us know if there are any suggestions
you have regarding programs or services.*

Special Thanks!

In September, 2014, Davie County Senior Services celebrated Senior Center Month with a month-long fundraising effort. We appreciate all the community support in this effort, which was very successful. Thanks also to the many volunteers who made the events possible. The money raised will help ensure programs and services will continue to help those who need them, and will help purchase needed equipment. We especially would like to thank the following businesses for their support as sponsors of Senior Center Month:

Presenting Sponsor:

Wake Forest Baptist Health - Davie Medical Center

Silver Sponsors:

Davie County Enterprise
Wal-Mart of Mocksville

Bronze Sponsors:

Christy Trucking Company, Inc.
Hayworth Miller Funeral Home
Hillsdale Dental
Webb Heating & A/C Co. Inc.



We would also like to thank the following restaurants for their generous donation of food & staff for our Taste of the Town:

KENT'S KITCHEN
KETCHIE CREEK BAKERY
LA CARETTA MEXICAN RESTAURANT
MARCO'S PIZZA
NEW JIN-JIN BUFFET
SAGEBRUSH
SANDY'S SMOOTHIE SHACK
SHEETZ
SUBWAY
THE FEED BAG RESTAURANT



SPECIAL SHIP INFORMATION



Do you or someone you know
need help paying for Medicare
prescription drugs?

If so, the Extra Help program may be able to help.

You may qualify for EXTRA HELP for Medicare if:

- Your income is below \$17,505 per year for an individual or below
or \$23,595 for a couple
- Your assets are below \$13,440 for an individual or \$26,860 for a
couple

SHIP, the Senior's Health Insurance Information Program can
provide free, unbiased information and help you apply.

Call Davie County Senior Services at 753-6230 for an
appointment. You may also apply online at www.socialsecurity.gov
or by phone at 1-800-772-1213.

Receiving this help will not change your monthly Social
Security benefits. Medicaid recipients need not apply, as they are
automatically enrolled.



ONGOING ACTIVITIES - MOCKSVILLE SITE



Arts & Crafts

QUILTING

Mondays - 10:00am - 12:00pm - Classrooms A & B

Join this talented group who loves to quilt. Bring your supplies to work with and learn from other quilters. No instruction is provided. This is an intergenerational program.

DAVIE CO. QUILT GUILD

3rd Monday of each month at 6:30pm - (January 19, February 16, March 16) - Multipurpose Rooms A & B

President: Brenda Hanes

Membership Dues: \$20.00 per year

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

ART - STILL LIFE & LANDSCAPES

Mondays - 9:00am - 12:00pm - MP Room B

Instructor: Annette Ratledge

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Furnish your supplies

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

SCRAPBOOKING

2nd Tuesday of each month - 2:00pm Classroom B - (January 13, February 10, March 10)

Group Leader: Barbara Thornton

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

WOODCARVING

**Wednesdays - 9:00 - 11:00am - Classroom A
Facilitator - Tim Trudgeon**

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Fridays - 10:00am - Classroom B

Join this group who loves to tat. Bring your supplies to work with and learn from other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

SHARING & CARING GROUP

2nd & 4th Thursdays of each month - 1:00 - 3:00pm - Classroom B

Do you have a passion for crafting? Bring your handwork / portable project and join this fun group for a time to share, fellowship and craft together making projects to give to those in need.



Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a meeting or class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

UPCOMING COMPUTER CLASSES:

Instructor: Jackie Allen

Cost: Free

Register by: No later than 1 week prior to 1st day of class (Note - classes fill quickly, so you may want to register early)

Class Size: Limited to 10 students

ONGOING ACTIVITIES - MOCKSVILLE SITE

COMPUTER BASICS

This class is for those of you who have never used a computer before. You'll learn the basics, such as how to turn it on & off, how to use the mouse & the keyboard, etc.

Upcoming Session:

- January 26, 28, & 29 (Mon., Wed., Thurs.) - 5:00 - 7:00pm - Media Room

BEGINNING COMPUTERS

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also, we will spend time on the Internet, making sure you know how to go directly to a website. We will also become familiar with the layout of Microsoft Word. *This class is intended for those with mouse/keyboard skills.*

Upcoming Session:

- February 9, 11, 12 & 16 (Mon, Wed., Thurs. Mon.) - 5:00 - 8:00pm - Media Room

EMAIL LEVEL 1

This is a way to communicate electronically. Learn the proper way to send an email and to include attachments. Learn how a virus and/or spyware impacts sending/receiving emails. Contact your internet provider to find out how you can access your account outside of your home. You will need your login name and password. If you do not have an email address, we can set one up for you using a free email service. You will need to come in 15 minutes early the first day so we can set this up before class begins. *This class is 3 days & is intended for students who have a basic understanding of computers. Mouse & keyboard skills required.*

Upcoming Session:

- February 23, 25 & 27 (Mon., Wed., Fri.) - 3:00 - 5:00pm - Media Room

MICROSOFT WORD 2007 LEVEL 1

This class continues from Beginning Computers. We will learn more advanced editing options, including different ways to select text, working with the many icons on the formatting toolbar and how this can make your document easier to read, working with the options in the page setup dialog box, for example margins and orientation of paper. We will also work some with graphics.

This class is 3 days and is intended for students who are familiar with creating/saving a document and basic editing techniques (bold, alignments, cut/copy, paste and how to use delete & backspace keys).

Upcoming Session:

- March 20, 23 & 24 (Fri., Mon., Tues.) - 3:00 - 5:00pm - Media Room

INTERNET LEVEL 1

Topics that will be covered pick up from the Beginning Computers class. We will go into more detail on how to use a search engine, what the Internet is and how to safely download files.

This class is 3 days. Beginning Computers is recommended prior to beginning this class.

Upcoming Sessions:

- March 26, 30 & 31 (Thurs., Mon., Tues.) - 6:00 - 8:00pm - Media Room

DON'T FORGET TO BRING YOUR MOBILE DEVICES AND ENJOY FREE WI-FI WHILE AT SENIOR SERVICES. SEE FRONT DESK FOR PASSWORD.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Dance

LINE DANCING LEVEL 1

Tuesdays & Thursdays - 8:45 - 9:45am -

NEW TIME!! - Exercise Classroom

Instructor: Elizabeth Norman, Events Coordinator

For those new to line dancing join this group to learn some basic steps and simple dances. Open to adults 55 and older & exceptions under the general participation policy.

LINE DANCING LEVEL 2

Every Monday - 9:45 - 10:45am

Every Wednesday - 11:15am - 12:15pm - Exercise Classroom

Instructor: Elizabeth Norman, Events Coordinator

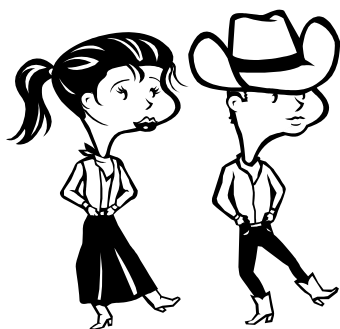
For those who have the basics down, we will learn more complex dances. Open to adults 55 & older and exceptions under the general participation policy.

BALLROOM/SOCIAL DANCING

Wednesdays - 6:00pm - MP Room B

Cost: Free

If you enjoy dancing, come join this fun group. A group of dancers get together every Wednesday night to practice ballroom dancing and shagging. There is no instruction provided. You will need to bring a partner with you. Open to adults 55 and older and exceptions under the general participation policy.



Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- | | |
|----------------|-------------------|
| * Board Games | * Music |
| * Books | * Newspapers |
| * Cards | * Ping Pong Table |
| * Checkers | * Puzzles |
| * Chess | * Scales |
| * Computer Lab | * Shredder |
| * Fitness Room | * Videos |
| * Magazines | * Wii |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

Exercise



SILVERHEALTH

Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room

Instructor: Elizabeth Norman, Events Coordinator

This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

MORNING WAKE UP PROGRAM

Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room

Instructor: Elizabeth Norman, Events Coordinator

This class is a continuation of the SilverHealth class. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

YOGA FOR SENIORS

Mondays & Wednesdays - January 5 -

March 30 - Exercise Room

Instructor: Kim Crawford

3 CLASSES TO CHOOSE FROM:

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins December 16 at 8:00am.**

Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.

YOGA FOR SENIORS

Wednesdays & Fridays - Jan. 14 - March 27 -

10:00am - 11:00am - Exercise Room

Instructor: Valerie Slogick

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limit to the first 12 who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins December 16 at 8:00am.**

Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.

EVENING YOGA FOR SENIORS

Tuesdays & Thursdays - Jan. 13 - March 31 -

6:30 - 7:30pm - Exercise Room

Instructor: Valerie Slogick

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limit to the first 12 who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins December 16 at 8:00am.** **Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**



TAI CHI

Tuesdays - 10:00 - 11:00am -

Exercise Room

Session Dates: Jan. 20 - March 24

Instructor: Mike DePeuw, Beach 'n' Tans

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

Limited to 15

This class is wonderful for seniors. It helps improve balance, lower blood pressure & can help those with arthritis. These slow, gentle motions are easy to learn for all fitness levels. Open to adults 55 & older. Classes build upon one another and therefore students cannot join more than two weeks into the 10 week session.

DANCE PARTY AEROBICS

Tuesdays & Thursdays - 5:30 - 6:30pm

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

M.A.D.E. (MODERN AEROBIC DANCE EXERCISE)

Tuesdays & Thursdays - 11:00am - 12:00 noon - Exercise Room

Instructor: Lorri Carlton

Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ARTHRITIC EXERCISE

Every other Wednesday - 10:45 - 11:15am - Multipurpose Room A

Instructor: Ina Beavers, Nutrition Program Coordinator

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.



BOWLING LEAGUE

Mondays - 8:30am - depart from

Rec. Dept.

Cost: \$6.00 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

WALKING

Weekdays - 6:30 - 9:00am - Parks & Rec.

The gym at Parks & Rec. is open each weekday morning for seniors to walk. For more information on walking availability, call Parks & Rec. at 751-2325.

FITNESS ROOM

Monday - Thursday - 8:00am - 8:00pm

Friday - 8:00am - 5:00pm

Saturday - 9:00am - 1:00pm

Cost: No charge (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. **Please call for an appointment for training.**



Games

Wii GAMES

Time: Drop In Whenever Room is Available - Multipurpose Room A

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- | | |
|--------------|---------------------|
| * Golf | * Fishing |
| * Tennis | * Shooting Range |
| * Boxing | * Billiards |
| * Baseball | * Big Brain Academy |
| * Ping Pong | * Many, many more |
| * Mario Kart | |

PING PONG

Our ping pong table is available on a drop in basis whenever the room is available. Call ahead if you have a question regarding availability.

SCRABBLE

Mondays - 1:00pm - Classroom B

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

ONGOING ACTIVITIES - MOCKSVILLE SITE

SKIPBO

Every Wednesday - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

Every Wednesday - 1:30 - 5:00pm - Multipurpose Room A

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

TEXAS HOLD EM

Thursdays - 1:00pm - Classroom A

This poker game is sweeping the nation & is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.



Health & Wellness

ASK THE DOCTOR

1st Monday of each month - 10:45 am - MP Room A (January 5, February 2, March 2)

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older & exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am - MP Room A - (January 6, February 3, March 3)

A trained professional will take your blood pressure at no charge.

GOT PLANS? ADVANCE CARE PLANNING

2nd Tuesday of each month - Multipurpose Room B - (January 13, February 10, March 10)

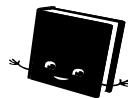
Facilitator: Representative from Hospice & Palliative Care

Cost: No Charge - Picture ID required

RSVP by Friday before each seminar

We plan for college, marriage, a baby and retirement, but we don't prepare for the end of life. Let's change that! It's simple.

Representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to www.gotplansnc.org.



Literary Arts

SENIOR BOOK CLUB

3rd Tuesday of each month - 2:30 - 4:00pm - Classroom A

January 20 - "Angle of Repose" by Wallace Stegner

February 17 - "Brothers and Keepers" by John E Wideman

March 17 - "Nobody's Fool" by Richard Russo

Leader: Genny Hinkle - Davie Co. Library

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored with Davie Co. Public Library. Open to adults 55 & older and exceptions under the general participation policy.

LIBRARY

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to hardcover, recent publications (within the past 5 years). We will donate any books we cannot use to another organization.

ONGOING ACTIVITIES - MOCKSVILLE SITE



Lunch

Mondays - Wednesdays - 11:30am
Thursdays & Fridays - 11:00am - MP Room A
Staff Contact: Ina Beavers, Nutrition Program Coordinator
Cost: No charge, donations appreciated
Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.40. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Interest

PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm - Multipurpose Room B
(January 5, February 2, March 2)
President: Arthur Bostick
Annual Dues: \$20.00

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific information please call the group leader (call for number).

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm - Media Room (January 27, March 24)
Staff Contact: Kim Shuskey, Director
This is a volunteer group appointed by Davie Co. Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.



Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

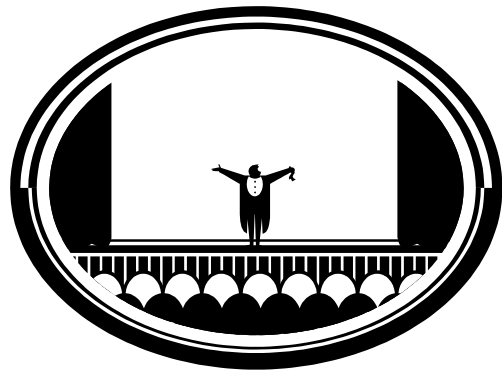
Each Thursday - 10:00am - Multipurpose Room B (Jan. - June/Sept. - Dec.)
Chorus Director: Marie Roth
Annual Dues: \$10.00

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B
(January 27, February 24, March 24)
Staff Contact: Barbara Thornton, Senior Center Aide

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.



OTHER ONGOING PROGRAMS & SERVICES



Financial Support

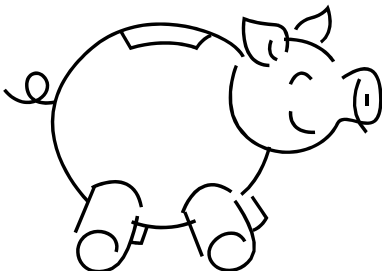
LEGACY GIFT PROGRAM

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. We are also committed to planning ahead to meet future needs. To do this, donations are needed and appreciated. Legacy gifts is our term for these charitable contributions that help in both the long and short term. Individuals and organizations can contribute in the following areas:

- **Outright Gifts** - donations of cash, property or stocks/securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

Donations are tax deductible.



Services



**STAFF CONTACT FOR ALL SERVICES IS
KELLY SLOAN, SERVICES COORDINATOR,
UNLESS INDICATED OTHERWISE.**

BUDDY PROGRAM

Staff Contact: Mitzi Hunter, Morning Receptionist

Cost: No charge

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes." To request a buddy for a special event, please let us know when you sign up for the event.

CAREGIVING CLASSES & RESOURCE CENTER

Cost: No charge

Our Services Coordinator can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Cost: No charge, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify, you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

OTHER ONGOING PROGRAMS & SERVICES

DRAGON SPEECH RECOGNITION SOFTWARE

(Available at Mocksville Site)

Staff Contact: Kim Shuskey, Director

Due to a generous donation by one of our participants, one computer in our lab is equipped with speech recognition software. If you have difficulty typing, come by and use this program. Please note that each person who uses it will need to go through the setup process in order to recognize their voice. Headsets for the program can be checked out at the front desk. Available whenever the computer lab is free. You may wish to call ahead. If you need assistance from a staff member to use, you must make an appointment.

ENSURE PROGRAM

Cost: No charge, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.



FIDGET APRONS

Cost: No charge, donations appreciated

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided free of charge to anyone who can use one.

HANDMADE PERSONAL ITEMS

Cost: No charge, donations appreciated

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please call our Services Coordinator.

HOMEBOUND MEALS

Cost: No charge, donations appreciated

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



INFORMATION & ASSISTANCE

Our Services Coordinator can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

LEGAL AIDE

Cost: No charge, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

OTHER ONGOING PROGRAMS & SERVICES

NOTARY SERVICE

Staff Contact: Elizabeth Norman, Events Coordinator

Cost: No charge

Time: By appointment only

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

OPTIONS COUNSELING

Our certified Options Counselor can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

See information under Senior Financial Care.

SENIOR FINANCIAL CARE

1st Tuesday of each month - 8:30am -

4:30pm - Media Room of Mocksville Site

2nd Tuesday of each month - 10:00am -

1:00pm - Farmington Site

3rd Tuesday of each month - 8:30am -

2:00pm - Classroom A of Mocksville Site

4th Tuesday of each month - 10:00am -

1:00pm - Farmington Site

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

Senior Financial Care is a program of Financial Pathways of the Piedmont of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse mortgage counseling, and fraud awareness and prevention counseling. For more information you may call them directly at 336-896-1328.

SHIIP - (Seniors' Health Insurance Information Program)

Staff Contact: Mitzi Hunter, SHIIP Coordinator

Cost: No charge

Time: Tues. & Thurs. afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

(Available at Mocksville Site)

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

TELEPHONE REASSURANCE PROGRAM

Staff contact: Tracy Veach, Administrative Assistant

Cost: No charge

This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. Each call is an opportunity to confirm safety as well as impart care and concern.



VIAL OF LIFE

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. It is available anytime there is a free room.

OTHER ONGOING PROGRAMS & SERVICES



Support Groups

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm -
Classroom B - (January 13, February 10,
March 10)

Facilitator: Kelly Sloan, Services

Coordinator

RSVP no later than the Friday before the meeting

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.



Trips - Day

There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel. All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. Space is limited. See staff for complete trip rules.

JANUARY 6, 2015 - MILLHOUSE MUSEUM OF COOLEEMEE

Tuesday, January 6 - Departure time 9:30am, Return approximately 2:00pm

Cost: \$5.00 for transportation

Money for lunch

We will get to see the renovated Zachary House which will be completed this fall. We will also tour the mill house furnished as it was when the mill was open and the Episcopal Church. Sign up starts Nov. 14.

FEBRUARY 3 - SHALLOWFORD FARMS POPCORN, YADKINVILLE, NC

Tuesday, February 3 - Departure time 9:00am, Return approximately 2:30pm

Cost: \$5.00 for tour

\$5.00 for transportation

Money for lunch

We will visit these growers and producers of quality hybrid popcorn. During the tour we will learn about the growing, harvesting and popping of popcorn. We will stop for lunch after the tour. Sign up starts Dec. 15.

MARCH 3 - MRS. HANES MORAVIAN COOKIES, WINSTON SALEM, NC

Tuesday, March 3 - Departure time 10:00am, Return approximately 2:30pm

Cost: \$3.00 for tour

\$5.00 for transportation

Money for Lunch

We will tour the factory, including the kitchen, secret recipe mixing room, the warehouse and much more. There will also be delicious samples to taste and you will have a chance to purchase some if you would like. We will stop for lunch along the way. Sign up starts Jan. 15.

APRIL 7 - RISING MEADOW FARM, LIBERTY, NC

Tuesday, April 7 - Departure time 9:00am, Return approximately 3:00pm

Cost: \$6.00 for tour

\$5.00 for transportation

Money for lunch

We will have a tour of a working sheep farm (and other animals) that produce fleece, yarn, blankets and sheepskins. There will be baby lambs and time to ask a lot of questions about the raising of sheep. This tour is an out-of-doors tour so wear comfortable shoes, because there will be a lot of walking around the farm. We will stop for lunch along the way. Sign up starts Feb. 17.

OTHER ONGOING PROGRAMS & SERVICES



Volunteer Opportunities

All Senior Services volunteers receive training and orientation before beginning any assignment. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian.

BUDDY PROGRAM

Contact: Mitzi Hunter, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes."

CLASS INSTRUCTORS

Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

FRONT DESK VOLUNTEERS

Contact: Tracy Veach, Administrative Asst.

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Contact: Ina Beavers, Nutrition Prog. Coord.

Drivers deliver meals to homebound seniors. It takes approximately 1 1/2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

LUNCH VOLUNTEERS

Contact: Ina Beavers, Nutrition Program Coordinator

Volunteers are needed to help serve lunch, wash dishes and clean up afterwards.

OFFICE HELP

Contact: Tracy Veach, Administrative Assistant

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIIP (Seniors' Health Insurance Information Program)

Contact: Mitzi Hunter, SHIIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Contact: Elizabeth Norman, Events Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

TAX AIDE VOLUNTEERS

Contact: Kim Shuskey, Director

Tax-Aide counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

TELEPHONE REASSURANCE PROGRAM

Contact: Tracy Veach, Administrative Assistant

We are partners with YVEDDI's RSVP program in this service. Volunteers will call those who live alone to provide a friendly voice and a daily welfare check. Monday - Friday phone calls are required.

CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the
Farmington Community Center,
1723 Farmington Rd. Hours are
Monday - Friday 10:00am - 1:00pm.
Phone number is 998-3730.



Ongoing Activities

TRANSPORTATION TO FARMINGTON SITE

Mondays, Wednesdays & Fridays

YVEDDI's transportation program will bring those persons 60 and older who live within an approximate 5 mile radius to the Farmington site on these days. To sign up, call YVEDDI at 751-2187.

EXERCISE & WALKING

Tuesdays - 10:30am

Get your exercise each Tuesday with your friends.

GARDENING

Tuesdays & Thursdays - 10am (In Season)

If you have a green thumb, why not help out in the garden? Gardening tools are available or you can bring your own.

BLOOD PRESSURE SCREENINGS

Every 3rd Wednesday - 10:30am

(January 21, February 18, March 18)

A trained professional will take your blood pressure at no charge.

CRAFT DAY

Last Wednesday of each Month - 10:30am
(January 28, February 23 note change of day, March 25)

Cost: No charge

Each month we will present a new craft. This is a great chance to learn some new skills. Open to those 55 and older.

SENIOR FINANCIAL CARE

2nd & 4th Tuesday of each month - 10:00am - 1:00pm

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

See details on pg. 20.

LUNCH

Monday - Friday - 11:30am

Staff Contact: Darlene Sheets, Nutrition Site Manager

Cost: No charge, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.40. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Events

WHEEL OF FORTUNE

Monday, January 5 - 10:30am

RSVP by Dec. 29

In honor of the 40th anniversary of this classic game show, we will play our own version. Open to adults 55 & older and exceptions under the general participation policy.

FACTS ABOUT FIBER

Wednesday, January 14 - 10:30am

RSVP by Jan. 7

Fiber plays an important role in our diets. Get all the facts about fiber at this informative seminar. Open to adults of all ages - no children, please.



NATIONAL PIE DAY

Friday, January 23 - 10:30am

RSVP by Jan. 16

Let's celebrate National Pie Day with, what else, pie! Bring your favorite pie recipe to share with others. We will have various pies to taste. Open to adults 55 & older and exceptions under the general participation policy.

CLASSES & ACTIVITIES - FARMINGTON SITE

CAN I AFFORD A SENIOR LIVING SOLUTION?

Monday, January 26 - 10:30am

Speaker: Representative from Brookdale Senior Living

RSVP by Jan. 16

Get tips on various senior living and service options, costs to expect and financing support that may be available. Open to adults of all ages - no children, please.



GROUNDHOG DAY INFORMATION

Monday, February 2 - 10:30am

RSVP by: Jan. 26

Did you ever wonder how

Groundhog's Day came to be?

Learn all the interesting facts at this

event. Open to adults 55 & older and exceptions under the general participation policy.

VALENTINE'S DAY CELEBRATION

Friday, February 13 - 10:30am

RSVP by Feb. 6

Celebrate this day of love with all your friends. There will be light refreshments and lots of fun. Open to adults 55 & older and exceptions under the general participation policy.

CHINESE NEW YEAR CELEBRATION

Thursday, February 19 - 10:30am

RSVP by Feb. 12

This is the Year of the Sheep. Learn about Chinese New Year as we celebrate together. Open to adults 55 and older and exceptions under the general participation policy.

PANTRY BINGO

Wednesday, February 25 - 10:30am

RSVP by Feb. 18

Sponsored by: Mocksville Civitans

Win items you can actually use at this fun game of Bingo. Open to adults 55 & older and exceptions under the general participation policy.

PEANUT BUTTER DAY

Monday, March 2 - 10:30am

RSVP by Feb. 23

Come celebrate all the goodness of peanut butter at this fun event. We will have interesting trivia as well as some tasty samples. Open to adults 55 & older and exceptions under the general participation policy.

FACTS ABOUT RABIES

Wednesday, March 11 - 10:30am

Speaker: Lt. Bob DeWitt, Davie County Animal Control

RSVP by March 4

Rabies is a problem in Davie County. Learn how to keep your animals and your family safe at this seminar. Open to adults of all ages - no children, please.

ST. PATRICK'S DAY CELEBRATION

Tuesday, March 17 - 10:30am

RSVP by March 10

Wear your green and join in the fun for this St. Patty's Day celebration. Open to adults 55 & older and exceptions under the general participation policy.



COOKING UNDER PRESSURE

Friday, March 27 - 10:30am

Speaker: Laura Gobble, Home Instead

RSVP by March 20

Healthy eating is essential for people of all ages. But the problems of aging can interfere with a healthy diet in more ways than one. This talk includes research, nutrition risks, warning signs of poor nutrition, 12 nutritious foods for seniors, and tips for better nutrition. Open to adults 55 & older and exceptions under the general participation policy.

CALENDAR OF EVENTS - FARMINGTON SITE



IN CASE OF BAD
WEATHER

JANUARY

- Jan. 1 - CLOSED FOR NEW YEAR'S DAY
- Jan. 5 - Wheel of Fortune - 10:30am
- Jan. 13 - Senior Financial Care - 10am - 1pm
- Jan. 14 - Facts About Fiber - 10:30am
- Jan. 19 - CLOSED FOR MARTIN LUTHER KING, JR DAY
- Jan. 21 - Blood Pressure Screens - 10:30am
- Jan. 23 - National Pie Day - 10:30am
- Jan. 26 - Can I Afford a Senior Living Solution - 10:30am
- Jan. 27 - Senior Financial Care - 10am - 1pm
- Jan. 28 - Craft Day - 10:30am

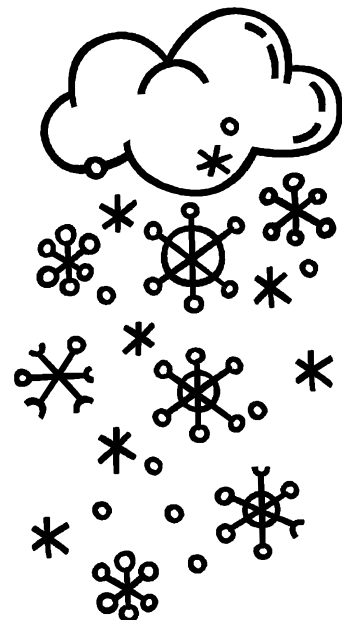
FEBRUARY

- Feb. 2 - Groundhog Day Information - 10:30am
- Feb. 10 - Senior Financial Care - 10am - 1pm
- Feb. 13 - Valentine's Day Celebration - 10:30am
- Feb. 18 - Blood Pressure Screens - 10:30am
- Feb. 19 - Chinese New Year Celebration - 10:30am
- Feb. 23 - Craft Day - 10:30am
- Feb. 24 - Senior Financial Care - 10am - 1pm
- Feb. 25 - Pantry Bingo - 10:30am

MARCH

- March 2 - Peanut Butter Day - 10:30am
- March 10 - Senior Financial Care - 10am - 1pm
- March 11 - Facts About Rabies - 10:30am
- March 17 - St. Patrick's Day Celebration - 10:30am
- March 18 - Blood Pressure Screens - 10:30am
- March 24 - Senior Financial Care - 10am - 1pm
- March 25 - Craft Day - 10:30am
- March 27 - Cooking Under Pressure - 10:30am

The weather can be unpredictable during the upcoming months. Our main concern is for the safety of our participants and staff. Please be aware that we are a county office and as such will close at the discretion of County Management. Please call before you come out if the weather is questionable.



Calendar of Events - Mocksville Site



JANUARY

- Jan. 1 - CLOSED FOR NEW YEAR'S DAY
- Jan. 5 - Ask the Doctor - 10:45am
- Jan. 5 - Bowling Lunch - 12:30pm
- Jan. 5 - New Yoga session starts - 1:00pm -
Must pre-register
- Jan. 5 - New Yoga session starts - 2:00pm -
Must pre-register
- Jan. 5 - New Yoga session starts - 3:00pm -
Must pre-register
- Jan. 5 - Piedmont Power Assoc. - 7:00pm
- Jan. 6 - Senior Financial Care - 8:30am -
4:30pm
- Jan. 6 - Day Trip - Millhouse Museum of
Cooleemee - Depart at 9:30am
- Jan. 6 - Blood Pressure Screenings -
10:45am
- Jan. 8 - Sharing & Caring - 1:00pm
- Jan. 9 - Lunch With County Commissioners -
12:00pm
- Jan. 12 - Monthly Movie - 1:00pm
- Jan. 13 - Got Plans? Advance Care Planning
Workshop - 1:00pm
- Jan. 13 - Scrapbooking - 2:00pm
- Jan. 13 - Alzheimer's Support Group -
6:30pm
- Jan. 13 - New Yoga session starts - 6:30pm
- Must pre-register
- Jan. 14 - New Yoga session starts - 10:00am
- Must pre-register
- Jan. 15 - Senior Birthday Party - 2:00pm
- Jan. 19 - CLOSED FOR MARTIN LUTHER
KING, JR. DAY
- Jan. 19 - Quilt Guild - 6:30pm

- Jan. 20 - Senior Financial Care - 8:30am -
2:00pm
- Jan. 20 - Tai Chi begins - 10:00am
- Jan. 20 - Fat Decoder Seminar - 1:00pm
- Jan. 20 - Senior Book Club - 2:30pm
- Jan. 22 - Sharing & Caring - 1:00pm
- Jan. 23 - Senior Lunch - 11:30am
- Jan. 26 - Computer Basics class starts -
5:00pm
- Jan. 27 - Tax Exemption Seminar - 10:45am
- Jan. 27 - Theatre Club - 1:00pm
- Jan. 27 - Advisory Council - 3:00pm
- Jan. 31 - Saturday Morning Breakfast -
9:30am



FEBRUARY

- Feb. 2 - Ask the Doctor - 10:45am
- Feb. 2 - Piedmont Power Assoc. - 7:00pm
- Feb. 3 - Sr. Financial Care - 8:30am - 4:30pm
- Feb. 3 - Day Trip - Shallowford Farms Popcorn
- Depart at 9am
- Feb. 3 - Blood Pressure Screenings -
10:45am
- Feb. 5 - Dinner & a Movie - "The Best of Me" -
5:30pm
- Feb. 6 - Tax Aide starts - 9:00 - 1:00
- Feb. 9 - Beginning Computers class starts -
5:00pm
- Feb. 10 - Love Your Library - 10:45am
- Feb. 10 - Got Plans? Advance Care Planning
Workshop - 1:00pm
- Feb. 10 - Scrapbooking - 2:00pm
- Feb. 10 - Alzheimer's Support Group -
6:30pm

Calendar of Events - Mocksville Site

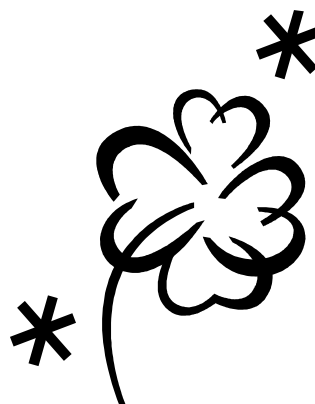
- Feb. 11 - Singing Telegrams - by appointment only
- Feb. 12 - Singing Telegrams - by appointment only
- Feb. 12 - Sharing & Caring - 1:00pm
- Feb. 13 - Singing Telegrams - by appointment only
- Feb. 13 - Valentine's Party - 2:00pm
- Feb. 16 - Monthly Movie - 1:00pm
- Feb. 16 - Quilt Guild - 6:30pm
- Feb. 17 - Senior Financial Care - 8:30am - 2:00pm
- Feb. 17 - Veteran's Social - 10:30am
- Feb. 17 - Senior Book Club - 2:30pm
- Feb. 19 - Heart Health - 1:00pm
- Feb. 23 - Email Level 1 class starts - 3:00pm
- Feb. 24 - Theatre Club - 1:00pm
- Feb. 25 - Black History Month Celebration - 10:30am
- Feb. 26 - Sharing & Caring - 1:00pm
- Feb. 27 - Movie Day With Grandkids (Or Not!) - 1:00pm



MARCH

- March 2 - Ask the Doctor - 10:45am
- March 2 - Piedmont Power Association - 7:00pm
- March 3 - Senior Financial Care - 8:30am - 4:30pm
- March 3 - Day Trip - Mrs. Hanes Moravian Cookies - Depart at 10:00am
- March 3 - Blood Pressure Screening - 10:45am
- March 5 - Hearing Presentation & Screenings - 1:00pm

- March 6 - Bingo - 1:00pm
- March 10 - Got Plans? Advance Care Planning Workshop - 1:00pm
- March 10 - Scrapbooking - 2:00pm
- March 10 - Alzheimer's Support Group - 6:30pm
- March 11 - Calendar Blocks Craft - 1:00pm
- March 12 - Sharing & Caring - 1:00pm
- March 14 - Crop Till You Drop - 9:00am
- March 16 - Facts About Rabies - 10:45am
- March 16 - Monthly Movie - 1:00pm
- March 16 - Quilt Guild - 6:30pm
- March 17 - Senior Financial Care - 8:30am - 2:00pm
- March 17 - Welcome to Medicare - 10:00am
- March 17 - Senior Book Club - 2:30pm
- March 20 - Rabies Clinic - 1:00pm
- March 20 - Microsoft Word Level 1 class starts - 3:00pm
- March 24 - Theatre Club - 1:00pm
- March 24 - Advisory Council - 3:00pm
- March 26 - Sharing & Caring - 1:00pm
- March 26 - Internet Level 1 class starts - 6:00pm
- March 27 - Rock-a-Thon - 5:00pm
- March 31 - Easter Party - 2:00pm





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www.daviecountync.gov

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ADDRESS SERVICE REQUESTED

*It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.*



Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.